Annual Report

OF THE

Nova Scotia

Alcoholism Research Foundation

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THE HONOURABLE RICHARD A. DONAHOE, LL.B., Q.C.,

Minister of Public Health,

Sir:

I beg to offer herewith the Report of the Alcoholism Research Foundation for the year 1969.

Respectfully submitted,

CHARLES M. HARLOW,

Chairman.

To His Honour,

THE HONOURABLE VICTOR deB. OLAND, V.D.,

Lieutenant Governor of Nova Scotia.

Sir:

I beg to present herewith the report of the Nova Scotia Alcoholism Research Foundation.

I have the honour to be,

Sir,

Your most obedient servant,

RICHARD A. DONAHOE,
Minister of Public Health.

NOVA SCOTIA ALCOHOLISM RESEARCH FOUNDATION

1969

MEMBERS:

Charles M. Harlow, C.D., B.Sc., Ph.D., M.D., C.M., D.Sc.,
Halifax ..... Chairman

M. Grace Wambolt, B.A., LL.B., Q.C.,
Halifax ..... Vice-Chairman

Leo C. Hogan, Lt.-Colonel,
Halifax

Angus Norman MacDonald, B.A.,
Glace Bay

Raymond H. MacFarlane, B.A., B.D., S.T.M.,
Bedford

Clyde S. Marshall, M.D., C.M., D.C.L.,
Halifax

Hector J. Pothier, M.D., C.M.,
Yarmouth

Harold L. Scammell, M.D., C.M.,
Halifax

Edison B. Skinner, M.D., C.M.,
New Glasgow

STAFF MEMBERS:

J. Murray Snow, M.Sc., M.D., C.M.,
Halifax ..... Executive Director

Margaret M. Caswell (Mrs.), R.S.W.,
Halifax ..... Social Worker

Edward T. Fitzpatrick, B.A.,
Halifax ..... Field Representative

Madeline E. O'Sullivan, (Mrs.)
Halifax ..... Welfare Officer

Diana M. Rudolph, (Resigned May 9, 1969)
Halifax ..... Secretary

E. Jean Morrison (Mrs.), (Transferred Nov. 20, 1969)
Halifax ..... Stenographer

Helen L. Casey, (Appointed June 16, 1969)
Dartmouth ..... Stenographer

Catherine D. Webb (Appointed Nov. 19, 1969)
Halifax ..... Clerk Typist

Shirley J. Urquhart, (Mrs.), R.N.,
Halifax ..... Nurse (Part-time)

Harold L. Scammell, M.D., C.M.,
Halifax ..... Consultant in Alcoholism

MEDICAL ADVISORY COMMITTEE

Robert C. Dickson, O.B.E., M.D., F.R.C.P., F.A.C.P.
Halifax

F. Murray Fraser, M.D., C.M.,
Halifax

Robert O. Jones, B.Sc., M.D., C.M., F.A.P.A.
Halifax

STANDING COMMITTEES

Policy and Personnel Committee:

Dr. H. L. Scammell, Chairman
Mr. L. C. Hogan
Dr. C. S. Marshall
Dr. H. J. Pothier
Dr. C. M. Harlow, ex officio
Dr. J. M. Snow, ex officio

Field Program Committee:

Miss M. Grace Wambolt, Chairman
Mr. A. N. MacDonald
Rev. R. H. MacFarlane
Dr. E. B. Skinner
Dr. C. M. Harlow, ex officio
Dr. J. M. Snow, ex officio

Long-Range Planning Committee:

Rev. R. H. MacFarlane, Chairman
Mr. A. N. MacDonald
Dr. C. S. Marshall
Dr. H. L. Scammell
Dr. C. M. Harlow, ex officio
Dr. J. M. Snow, ex officio

Legislation Committee:

Miss M. Grace Wambolt, Chairman
Dr. H. L. Scammell
Dr. C. S. Marshall
Dr. C. M. Harlow, ex officio
Dr. J. M. Snow, ex officio

The Nova Scotia Alcoholism Research Foundation has functioned during the year 1969, under the direction of the nine members appointed by Governor-in-Council in December 1968, with Dr. C. M. Harlow, as Chairman and Miss M. Grace Wambolt as Vice-Chairman. The Foundation Members held regularly quarterly meetings with an annual meeting during the month of October.

In addition to regular meetings there are meetings of Special Committees as required to facilitate the maintenance and further development of various aspects of the Foundation Program. Standing Committees are named at each annual meeting and deal with Policy and Personnel, Field Program, Long-Range Planning and Legislation. Each Committee is composed of three or four Foundation Members supplemented by the Chairman and Executive Director of the Foundation serving as ex officio members of all Committees.

The Medical Advisory Committee composed of three members of the medical profession was re-appointed by Governor-in-Council to serve during the year 1969. This group of highly qualified individuals has been of particular assistance to the Foundation in providing expert opinion on research projects.

During the year 1969, the Foundation carried out further development of programs in the fields of Research, Education, Treatment and Rehabilitation.

The program has continued with a fixed staff establishment with no change in professional personnel except for the addition of a part-time Nurse to augment the services of the Out-Patient Clinic in Halifax. Clerical positions left vacant by resignation or transfer have been readily filled by suitable staff selected in collaboration with the Nova Scotia Civil Service Commission.

RESEARCH

An extra-mural research program has been sponsored through grants in aid to Nova Scotia Universities for approved projects.

A continuing project on "Histochemical Studies in Liver Cirrhosis" under the direction of Dr. Robert C. Dickson, Professor of Medicine at Dalhousie University and Head of the Department of Medicine at the Victoria General Hospital, was approved for financial support for a further period of one year.

A study initiated earlier under Foundation sponsorship was continued under the direction of Dr. Marcia Earhard, Department of Psychology, Dalhousie University. This project was completed during the year and has been reported in two papers entitled "The Effects of Alcohol and Sodium Amytal upon the Frustration Effect" and "Selective Learning on the Basis of Frustrative Cues Associated with Reward and Non-reward".

As a result of these studies Dr. Earhard submitted a proposal to continue a series of further studies regarding the effects of alcohol and other drugs. This research proposal was duly considered and approved.

Applications will be invited for additional extra-mural research projects in 1970.

EDUCATION

Educational efforts carried out by the Foundation during the year include the Field Program of Community Organization, Industrial Programming, Public Relations, Professional Education, Summer School Scholarship Awards and Staff Education.

Community Organization

In recent years the Foundation has, with the services of its Field Representative, assisted in the organization and establishment of community committees on alcoholism throughout the Province. These committees are comprised of citizens from all walks of life who serve on a voluntary basis. Through study of the subject they gain a good knowledge of the physical, emotional and social facets of the problem of alcoholism. With this background of knowledge the local committees are in an ideal position to promote active programs in their respective areas.

There are now ten local committees on alcoholism in the Province of Nova Scotia sponsored by the Foundation. These include the previously organized groups located in Sydney, Glace Bay, Antigonish, New Glasgow, Middleton, Digby, Yarmouth and Bridgewater as well as two new groups which were organized during 1969 in Truro and in the Kentville-Wolfville area of the Annapolis Valley. This number of committees is the maximum that can be adequately serviced by the Field Representatives who attends monthly meetings in each locality.

Several of these committees have carried out varying types of programs in their areas. One committee is attempting on an experimental basis to organize a follow-up program for patients discharged from the Alcoholism Unit of the Nova Scotia Hospital in Dartmouth and other community committees may adopt this program if it proves feasible. Another committee has been very active in sponsoring alcohol education programs in a High School setting with active participation of the students. Programs of education and information have been carried out by some committee members in surrounding communities whereas others have sponsored well-organized public seminars on alcoholism which attracted good attendance and public interest. Some of the local committees on alcoholism in the Province have been more concerned with the need for treatment facilities and have given consideration to the possibility of the establishment of hospital treatment facilities, halfway houses and out-patient centers.

A proposal from the Sydney Committee for the establishment of a referral center for Industrial Cape Breton was favourably received by th Foundation previously and during the past year has met with Government approval and will be included in the expansion of the Foundation's Program.

Community organization through the Foundation's Field Program is expected to serve an increasingly useful purpose as time progresses. The local committees have already contributed greatly in increasing the level of public awareness in the community of the public of alcoholism and suitable approaches to deal with it.

Industry

An increasing awareness by industry of alcoholism as a problem among employees has resulted from the efforts of alcoholism programs and this has been noted in the Province of Nova Scotia. The services of the Field Representative and the Executive Director of the Foundation are available in a consultative advisory capacity for business and industrial organizations requesting assistance in alcoholism programming. It has been shown quite dramatically that company programs on alcoholism are highly successful in arresting the disease among employees and actually effect a financial saving to the Companies involved.

During the year 1969 the Field Representative gave a series of eight talks to the employees of a large Department of the Federal Civil Service in the Halifax-Dartmouth area. In addition three industrial

concerns in Pictou County were visited and made aware of the benefits of a company program on alcoholism. A similar approach has also been made toward some large industries in the Glace Bay area.

It is anticipated that through continued activity on the part of local committees as well as the increased utilization of clinical facilities, recognition of alcoholism as a problem in industry will become more apparent and more programs will be initiated.

Public Relations

The Foundation's educational program in this respect has required the active involvement of various members of the staff in response to requests for qualified speakers, panelists or discussion leaders by various groups.

During the year 1969 the Field Representative has given 35 individual talks in a number of different settings in Nova Scotia. Other staff members have also contributed to such programs which include young people in Church Youth Groups, Junior and Senior High School Students, Allied Youth and Up-Grading Classes and, at a more senior level, such organizations as Service Clubs, Community Associations, Home and School Groups, Church Groups, Management and Employee Associations, Alcoholics Anonymous and Al-Anon Family Groups. Requests for talks of this nature indicate a growing interest and desire for information regarding alcoholism on the part of the general public and in particular the younger members of society. At such presentations there is usually indication of interest evidenced by active group discussion.

The staff has also participated in presentations by means of mass media and this has included radio and television interviews in the Halifax area by the Executive Director and Welfare Officer and also by the Field Representative in the Annapolis Valley and South Shore of Nova Scotia. Press coverage and editorial comment has also been quite favourable for the efforts of the Foundation and this type of information reaches an inestimable number of people.

The Nova Scotia Federation on Alcohol Problems has continued a series of work shops for youth leaders throughout the Province and the Alcoholism Research Foundation has provided services of staff members as resource people for these work shops whenever requested.

A mutually advantageous relationship has been maintained with the fellowship of Alcoholics Anonymous and the Al-Anon Family Groups and this has resulted in improved utilization of clinical facilities in the metropolitan Halifax area.

As an aid to public education endeavours film showings are frequently provided with a staff representative present to lead subsequent discussion.

Professional Education

An increasing number of requests have been received by the Foundation for lectures and clinical demonstrations fom groups which are directly concerned with the problem of alcoholism and whose fields of work bring them in direct contact with afflicted individuals. These requests in the area of professional education are met by the Executive Director, if possible, or a designated member of the staff.

Students and workers in the field of social welfare have shown a strong interest in orientation toward the problems of alcoholism. Lectures have been given to the students of the Maritime School of Social Work, and several groups of social workers and students have visited the Halifax Out-patient Clinic for further insight.

Members of the nursing profession both in the field and at student level have also become increasingly interested in this type of training. Groups of senior student nurses from the Victoria General Hospital School of Nursing have received orientation at the Halifax Out-patient Clinic. Student Nurses from Dalhousie University and Mount St. Vincent University have also visited the Clinic and Dr. Harlow, Dr. Snow, and Dr. Scammell participated in the program of an Institute on Addictions sponsored by the Dalhousie University School of Nursing. In addition, orientation has been provided for Public Health Nurses, Industrial Health Nurses and Indian Health Service Nurses of the Department of National Health and Welfare.

At the request of the Department of Preventive Medicine of Dalhousie Medical School some clinical training has been made available for medical students in the first and third years of their professional course. This program has been well received and it is anticipated that participation will expand in this important aspect of medical education.

In conjunction with the Institute of Pastoral Training, students in Theology at the University of Kings College nad Pine Hill Divinity College have received some orientation as well as seminarians from the Holy Heart Seminary in Halifax.

Other professional educational endeavours have been directed toward students at Dalhousie Law School, Sociology students at St. Mary's University and Home Economics students at Mount St. Vincent University.

Since education at the professional level is just as vital as at the public level the staff of the Alcoholism Research Foundation will continue to provide services in this regard whenever it is requested by interested groups.

Summer School Scholarships

The policy of the Foundation in providing scholarship funds for alcohol studies has met with increasing response again this year. The $500 scholarships enable successful applicants to attend the Summer School of Alcohol Studies at Rutgers University in New Brunswick, New Jersey.

In 1969, seven scholarships were awarded for this purpose. The recipients included a Social Service Supervisor from the Nova Scotia Hospital in Dartmouth, a Supervisor of a Family Service Agency in Sydney, an Officer of the John Howard Society in Sydney, a Welfare Supervisor from Antigonish, a Teacher from Glace Bay and two Clergymen, one from Bras d'Or, Cape Breton, and one from Bridgetown. These individuals all reported that their summer school attendance had been both interesting and beneficial in their specific fields of endeavour.

Several of the recipients of summer school scholarships in previous years have contributed to community programs in their respective areas. It is anticipated that continuation and expansion of the scholarship program will effectively increase the number of knowledgeable persons to function at the community level.

Staff Education

It is considered most beneficial for the Foundation program to have as many staff members as possible attend various conferences or courses to further their knowledge and training in alcoholism as well as in their specific professional fields.

The Executive Director, Dr. Snow, and the Field Representative, Mr. Fitzpatrick, along with Dr. Harlow, the Foundation Chairman, attended the Fourth Canadian Conference on Alcoholism held in Winnipeg in June 1969.

The Chairman and the Executive Director also attended the annual Meeting of the North American Association of Alcoholism Programs held in Vancouver, British Columbia, where there was an opportunity to attend a clinical symposium, general sessions and special section meetings.

The Social Worker, Mrs. Caswell, attended Welfare Meetings in Halifax and the biennial Maritime Conference on Social Welfare held in Charlottetown, Prince Edward Island.

The Clinic Nurse, Mrs. Urquhart, attended a Seminar on Alcoholism in Fredericton sponsored by the New Brunswick Department of Health and Welfare. Mrs. Urquhart also enrolled for an evening course in Psychology at St. Mary's University.

Dr. Snow attended the Anaual Meeting of the Canadian Public Health Association held in Halifax and also enrolled in a short course on Drug Abuse presented by the Department of Continuing Education of the Faculty of Medicine, Dalhousie University.

TREATMENT AND REHABILITATION

The Halifax Out-patient Clinic of the Foundation has now completed its sixth year of operation. The annual increase in the number of afflicted individuals seeking treatment at the Foundation's clinical facilities continued during the year 1969. The Clinic now has a total of 1,003 patients registered for treatment purposes as well as many family members of registered patients or afflicted individuals who have not yet approached the Clinic but who require counselling services. Although the actual rate of growth of case load is still increasing it would appear that the treatment program has reached an appreciable percentage of the alcoholic popuiation of the area.

The Executive Director continues in the capacity of Clinic Physician along with his duties in the field of administration and professional education. Medical services have been provided by a local physician or consultant at such times as Doctor Snow was involved in duties outside the City or Province. The addition of a part-time nurse to the

clinical staff has relieved the Executive Director of many routine treatment matters and enabled him to devote more time to other responsibilities. The Social Worker and the Welfare Officer both serve as counsellors for clinic patients and their families. With clerical staff support the clinical program appears to have functioned quite efficiently during the past year.

This year 236 new patients have registered for treatment. This number along with previously registered patients returning for continuing services make-up a total of 457 individuals utilizing our facilities. These registration statistics are shown in Table I, with figures for the preceeding year included for purposes of comparison.

TABLE I

	1968	1969
Total Cases on File	767	1003
New Patients Registered during Year	204	236
Total Patients Treated during Year	472	457

The sources of referral are shown in Table II. As the clinical program has become better established and the need for treatment has been recognized through efforts in public and professional education there has been a trend toward a wider base of referral sources.

TABLE II

Sources of Referral

Self	40
Family and Friends	38
Clinic Patients	27
Court and Probation Services	24
Social Agencies	22
Alcoholics Anonymous	19
Nova Scotia Hospital	18
General Hospitals	17
Physicians	17
Employers	11
Clergy	3
TOTAL	236

The treatment approach utilized at the Alcoholism Clinic in Halifax includes physical examination, laboratory investigation, medical

management, social assessment, psychiatric consultation if necessary, individual counselling and group sessions. The individual counselling and medical management combine to form the basic treatment approach in the majority of cases, with a flexible program to permit individual variations as required. Generally medical management predominates in the early phase of therapy with psycho-therapeutic support of counselling becoming the dominant feature on a long term basis.

The Clinic staff conducted a total of 4,664 personal interviews or individual treatment sessions during the year. The breakdown of this number of patients interviews is given in Table III along with figures showing the increase in the case load over the preceeding year. The staff as presently constituted is adequate to meet the needs for medical and counselling services at the present case load level but if there is an appreciable degree of further growth additional part-time staff may be required.

TABLE III

Clinic Interviews

	1968	1969
Patients	3,148	4,185
Patients' Families	325	405
Miscellaneous	60	74
TOTAL	3,533	4,664

Evening group sessions are also held at the Clinic on a bi-weekly basis during the fall, winter and spring months. Nineteen group sessions were held during the year consisting of lectures, films, tapes, and discussions on various aspects of alcoholism. These enable the patients in attendance to obtain a better understanding of their illness and to give them an opportunity of recognizing the fact that they are part of a larger group of many people having the same common problem of recovery from a chronic disease.

The Executive Director, Doctor Snow, assisted by the Welfare Officer, Mrs. O'Sullivan, maintain liaison with the Alcoholism Unit at the Nova Scotia Hospital where Doctor Snow serves as a Consultant in Alcoholism. Courtesy lectures are provided to the patients at bi-weekly intervals and these lectures are correlated with the educational program for the patients on the Alcoholism Unit. This educational

approach to the patients directly is intended to fulfill the same general needs as the Educational Program for out-patients at the Foundation Clinic. During the year 25 lectures were given at the Nova Scotia Hospital to a total attendance of 662 persons. One hundred twenty-four patients also had an opportunity for individual interviews with the lecturers in order to obtain advice regarding specific problems of rehabilitation or follow-up management after discharge from that institution.

LIBRARY

The Foundation continues to acquire various publications on the subject of alcoholism and the Library has now been expanded to provide material not only to staff members but to an increasingly large number of students and members of the general public requesting library material or free loan as required. There has been a definite increase in the number of such requests in the past year.

Comprehensive pamphlet material is also available for distribution upon requests to interested individuals or groups. These pamphlets contain information useful to afflicted individuals, their families, the general public and specific professional groups.

During the year 5,980 pieces of literature were distributed.

Special booklets and other publications are made available for study purposes to the members of local committees on alcoholism sponsored by the Foundation throughout the Province.

Films are popular for use in educational programs and audio-visual presentations are generally considered to be a most effective implement for this purpose. In addition to films several tapes have been added to the library for use in group sessions and teaching programs for purposes of illustration.

AFFILIATE ORGANIZATIONS

The Nova Scotia Alcoholism Research Foundation is affiliated with other organizations at the national and international levels. Membership in such organizations provides definite benefits to a Provincial program by virtue of the fact that information and research findings are more readily available as well as an appropriate knowledgeability of progress in other areas for programs of education, treatment and rehabilitation.

The Foundation continues as a participating member in the Canadian Foundation on Alcoholism. The Canadian Foundation, supported financially by means of a grant from the Department of National Health and Welfare, sponsors an Annual Canadian Conference on Alcoholism for a limited number of delegates from the various Provincial and Territorial Programs. In 1969 the Fourth Annual Conference was held in Winnipeg based on a theme of "Realistic Approaches to the Treatment of Alcoholism." Delegates from the Nova Scotia Program attending the conference included Doctor C. M. Harlow, Doctor J. M. Snow and Mr. E. T. Fitzpatrick. Following the conference in Winnipeg Doctor Harlow and Doctor Snow attended the Annual Meeting of the Canadian Foundation on Alcoholism at which Doctor Harlow was re-elected Vice-President and Doctor Snow continues as a member of the Program Committee.

The Program Committee comprising the Alcoholism Program Directors of the Canadian Provinces and Territories met in September 1969 in Vancouver where plans were made for the Fifth Canadian Conference on Alcoholism to be held in Halifax, Nova Scotia, in 1970. The four Atlantic Provinces will co-operate in preparing and presenting a program for this conference. The Canadian Foundation has broadened its terms of reference to include Drug Dependency and will be known as the Canadian Foundation on Alcoholism and Drug Dependency.

The Nova Scotia Alcoholism Research Foundation maintains membership in the North American Association of Alcoholism Programs. This year the Chairman and the Executive Director were able to attend the Annual Meeting held in Vancouver including business meetings and scientific sessions.

PROGRAM EXPANSION

The Foundation had previously given favourable consideration to a proposal from the Sydney Committee on Alcoholism for the establishment of a Referral Center in that region. A recommendation to that effect was forwarded to the Government for such time as it becomes financially feasible. Subsequently a great deal of interest and support was evidenced by the general public in that area through the efforts of the Sydney Committee on Alcoholism and the Sydney Junior Chamber

of Commerce which prepared and presented a petition to the Government requesting that facilities be made available. Accordingly, later in 1969 the Government of Nova Scotia approved the establishment of a Sydney Branch of the Nova Scotia Alcoholism Research Foundation to serve as an information, referral and treatment center for the Industrial Cape Breton region. It is proposed that the Sydney Branch will function in much the same manner as the Foundation's Clinic in Halifax. Job specifications were prepared for an initial staff and at the close of the year staff members were being selected. With co-operation of Government Departments involved adequate space has been obtained in a suitable location in the City of Sydney and it is anticipated that a program will commence operation in that area early in the year 1970.

The national and international organizations in the field of alcoholism have broadened their terms of reference to include other types of drug dependency. Several Provincial Programs have acted in a similar manner and this matter has been carefully considered by the appropriate Committees of the Nova Scotia Alcoholism Research Foundation. Although at the present time it may not be feasible to expand into the difficult broader field of drug dependency it was considered that it would be advisable for staff members to obtain a greater knowledge about other drugs and that our educational endeavours could include information on this subject. There is a high level of interest in our society concerning problems created by dependence on drugs other than alcohol, although the extent of the alcohol problem would still appear to be much greater. Staff training and literature for distribution will be gradually extended in this field.

The program of the Nova Scotia Alcoholism Research Foundation in research, education, treatment and rehabilitation has been maintained and has shown further growth during the past year. It is anticipated that this trend will continue.